

Happy Heart

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Music: "Happy Heart" by Prandi Sound

CD: Masters of Modern - Six or single download at amazon.com

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Rhythm: Waltz

Phase: III+2 (Weave to SCP / Chair & Slip)

Original Length of Music: 2:38

Music Modification: None

Sequence: Intro AB Int A B(mod) End

Footwork: Opposite for Woman unless otherwise noted

INTRO (4 Measures)

1-4 LOP DLW - LEAD FEET FREE - WAIT; WAIT; TOG CP TCH; BOX FINISH;

1-2 (Wait; Wait) Hold intro position above for 2 measures;;

3 (Tog CP Tch) Tog Lt to CP DLW, tch R to L, -;

4 (Box Finish) Bk R commence 1/4 LF trn, sd L, clo R to end fcing DLC;

PART A (16 Measures)

1-8 1 LT TRN; BK UP WALTZ; SPIN TRN; BOX FINISH; TRN LT & CHASSE BJO; BK & BK/LK BK; IMP SCP DLW; HVR FALLAWY;

1 (1 Lt Trn) Fwd L commencing 1/4 LF trn, continue trn sd R diagonally across RLOD another 1/8 trn to fc RLOD, clo L;

2 (Bk Up Waltz) Bk R, sd & bk L, clo R to remain fcing RLOD;

3 (Spin Trn) Commence RF upper body trn bk L toe pivoting 1/2 RF to fc LOD, fwd R between lady's feet heel to toe continue RF trn keeping left leg extended bk & side, complete trn sd & bk L to fc DLW; (Commence RF upper body turn fwd R between man's feet heel to toe pivoting 1/2 RF, bk L toe continue to trn brushing R to L, complete trn sd & fwd R;)

4 (Box Finish) Bk R commence 1/4 LF trn, sd Lt, clo R to end fcing DLC;

5 (Trn Lt & Chasse Bjo) Fwd L commence Lf upper body trn, sd R continue trn/clo L, sd R completing trn to Bjo fcing DRC; (Lady Bk R commence LF upper body trn, sd L continue trn/clo R, sd L complete trn to Bjo;)

6 (Bk & Bk/Lk Bk) Bk L, bk R/lk L in front of R, bk R;

7 (Imp SCP) Bk L start RF trn, clo R to L [heel trn] 3/8, fwd L to SCP DLW; (Fwd R outside man's feet, fwd L heel to toe pivoting 1/2 RF, fwd R to SCP;)

8 (Hvr Fallawy) Staying in SCP throughout fwd R, fwd L rising to ball of foot & checking, rec [bk] R;

9-16 STAYING IN SCP - BK & BK/LK BK; BK HVR SCP; WING; 2 LT TRNS CPW;; WHISK; THRU & CHASSE SCP; PU SDCAR;

9 (Bk & Bk/Lk Bk;) Staying in SCP Bk L, bk R/lk L in front of R, bk R;

10 (Bk Hvr SCP) Bk L, sd & bk R with rise, rec L; (Bk R, sd & bk L with rise, rec R;)

11 (Wing) Fwd R, draw L twd R, tch L to R trning upper part of body LF w/ L sd stretch; (Fwd L beginning to XIF of ptr commence trn slighty LF, fwd R around ptr continuing trn, fwd L around ptr completing slight LF trn to end in a tight sdcAR position w/ lady looking to her L over ptr's R shoulder)

- 12-13 (2 Lt Trns)** Fwd L commence LF trn, continue trn sd R diag across LOD continue trning LF to fc RLOD, clo L; Bk R commence LF trn, continue trn sd L toward RLOD contiuning LF trn to fc the Wall, clo R to CPW;
- 14 (Whisk)** In CPW fwd L, fwd & sd R commencing rise to ball of ft, XLIB of R continuing to fully rise on ball of ft ending in tight SCP;
- 15 (Thru & Chasse SCP)** Thru R to fc ptr, sd L/clo R, sd & fwd L SCP LOD;
- 16 (PU Sdcar)** Fwd R, fwd L guiding ptr to Sdcar DLW, clo R; (Fwd L commencing LF trn, sd & bk R blending Sdcar LOD, clo L;)

PART B (16 Measures)

1-8 **CROSS HVR BJO; CROSS HVR SDCAR; CROSS HVR SCP; SYNC VN SCP; THRU HVR BJO; BK & BK/LK BK; BK HVR SCP; PU LOD;**

- 1 (X Hvr Bjo)** XLIF of R, sd R with a slight rise commence L trn, rec L complete trn to Bjo;
- 2 (X Hvr Sdcar)** XRIF of L, sd L with a slight rise commence R trn, rec R complete trn to Sdcar;
- 3 (X Hvr SCP)** XLIF of R, sd R with a slight rise commence L trn, rec L complete trn to SCP LOD;
- 4 (Sync Vn SCP)** Thru R commence trn to fc ptr, sd L/XRIB, sd & fwd L to SCP LOD;
- 5 (Thru Hvr Bjo)** Thru R, fwd L with rise, bk R; (Thru L, fwd R with rise trning LF to Bjo, fwd L;)
- 6 (Bk & Bk/Lk Bk)** Bk L, bk R/lk L in front of R, bk R; (Fwd R, fwd L/lk R in bk of L, fwd L;)
- 7 (Bk Hvr SCP)** Bk L, bk R with rise, fwd L to SCP LOD; (Fwd R, fwd L with rise trning RF to SCP, fwd R;)
- 8 (PU LOD)** Thru R to SCP guiding ptr to PU LOD, sd L, clo R to CP LOD; (Fwd L commence LF trn, continue LF trn to fc ptr sd R, clo L;)

9-16 **FWD WALTZ; FWD WALTZ DRIFTING APT; THRU TWINKLE WALL; THRU & FLARE TO CP DLW; HVR; WEAVE SCP;; CHAIR & SLIP DLC;**

- 9 (Fwd Waltz)** In CP fcg LOD--Fwd L, fwd & slightly sd R, clo L;
- 10 (Fwd Waltz Drift Apt)** Fwd R small step releasing CP and maintaing Lead hnds joined, small fwd & slightly sd L, clo R angling body DLW; (Fwd L normal size step, fwd & slightly sd R normal size step, clo L angling body DRW;)
- 11 (Thru Twinkle to the Wall)** Thru L twd Wall, sd R to fc LOD & ptr, clo L angling body DLC;
- 12 (Thru & Flare to CP DLW)** Thru R twd DLC, flare L trning to fc DLW and blending to CP DLW, -;
- 13 (Hvr)** In CP fwd L, fwd and slightly sd R rising to ball of foot, sd & slightly fwd L to tight SCP fcng DLC;
- 14-15 (Weave SCP)** Fwd R DLC, fwd L commence LF trn, continue trning sd & slightly bk R to fc DRW; Bk L LOD leading ptr to step outside to Bjo, bk R continue LF trn, sd & fwd L DLW to SCP; (Fwd L DLC commence LF trn, continue to trn sd & slightly bk R to fc DRW, continue to trn sd & fwd L LOD; Fwd R LOD outside ptr to Bjo, fwd L LOD continue to trn, fwd R to SCP;)
- 16 (Chair & Slip)** Ck thru R with lunge action to a "Chair" position, rec L, with slight LF upper body trn slip R behind L continuing trn 1/4 to the left to CP DLC; (Ck thru L with lunge action to a "Chair" position, rec R, swivel LF on R and step fwd L outside Man's R ft to CP;)

INTERLUDE (4 Measures)

1-4 **LT TRNING BOX (DLC);;;;**

- 1-4 (Lt Trning Box)** Fwd L commence 1/4 LF trn, complete trn sd R, clo L; Bk R commence 1/4 LF trn, complete trn sd L, clo R; Fwd L commence 1/4 LF trn, complete trn sd R, clo L; Bk R commence 1/4 LF trn, complete trn sd L, clo R ending DLC;

REPEAT PART A (16 Measures)

PART B(MODIFIED) (16 Measures)

- 1-8 **CROSS HVR BJO; CROSS HVR SDCAR; CROSS HVR SCP; SYNC VN SCP; THRU HVR BJO; BK & BK/LK BK; BK HVR SCP; PU LOD;**
- 1-8 Repeat Part B - Measures 1-8
- 9-16 **FWD WALTZ; FWD WALTZ DRIFTING APT; THRU TWINKLE WALL; THRU & FLARE TO CP DLW; HVR; WEAVE SCP;; CHAIR & SLIP LOD;**
- 9-15 Repeat Part B - Measures 9-15
- 16 **(Chair & Slip LOD)** Ck thru R with lunge action to a "Chair" position, rec L, with slight LF upper body trn slip R behind L continuing trn 1/8 to the left to CP LOD; (Ck thru L with lunge action to a "Chair" position, rec R, swivel LF on R and step fwd L outside Man's R ft to CP;)

END (3 Measures)

- 1-3 **BOX;; DIP BK & HOLD;**
- 1-2 **(Box)** Fwd L, sd R, clo L; Bk R, sd L, clo R;
- 3 **(Dip Bk & Hold)** Step bk L with relaxed knee, -, -;